

The all-action circuit

This circuit is designed to comprehensively improve your players' techniques. The exercise starts with close control ball skills before evolving into recreating game-like situations. The all-action nature of the circuit ensures your players are working at match speed.



What you tell your players the session is about

1. Improving dribbling the ball at speed.
2. Improving passing and shooting.
3. Improving 1v1 attacking and defending.

Session planner

Warm up	Session	Developments	Game	Warm down
15 mins	10 mins	10 mins	20 mins	5 mins

Activity	Kit	Outcome
Warm up	Balls and cones	Players complete various skills. From <i>The Ultimate Warm-Ups Manual</i> , exercise 77
The session	Balls, cones, goals and mannequins/poles	Both groups work to dribble down the side of the pitch and then complete a passing combination before setting up a shot
Development	Balls, cones, goals and mannequins/poles	Now progress so that, after the attacker shoots, he turns to attack the opposite goal in a 1v1 situation
Game	Balls cones and goals	Normal game
Warm down	n/a	Gentle jogging and stretching exercises

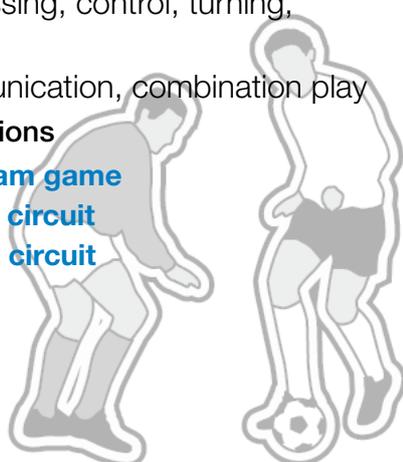


Where it fits

Individual skills: Passing, control, turning, dribbling, shooting,
 Team skills: Communication, combination play

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What to think about

Using this type of circuit will develop a wide range of techniques. In addition, it also develops the players' physical abilities as they work at top speed, react to different tasks and cover various distances to complete the task.

This exercise covers all aspects used in a match and can be modified to suit your own team's needs or ability. For example, you might want to add an extra defender. Your players will then face two 2v1 situations – once in attack and once in defence.

